

GO COON

Milwaukee Area Intergroup Overeaters Anonymous Newsletter

October / November 2004

It's quiet here

It's quiet here. Oh so quiet.

And the walls just seem to keep closing in farther and farther.

This stress about my psychic is innumerable.

I fear that I might Shivel up and die or blow up in a million pieces.

I must learn a new way to deal with this.

Food cannot be my outlet and my ally anymore.

Pain cannot be drowned in this way it's unhealthy.

To not only our body but also our soul,

We must find our separate pain, feel them and deal with each one.

It is no shame to need to cry for it cleanses the soul and mind.

It's no shame to run fast and hard for with every breath out of our mouth

We are letting the pain go.

I myself cannot cover it with calories and fat.

I weigh myself down so I am no longer stuck with the pain.

It's only temporary!!!

Be healthy enough to get healthy! Forever and forever final in this our trip to Independence Day!

Eat healthy for your mind and exercise to be come healthy throughout the rest of the race. This is our destiny as survivors.

~ Heidi M.

"God saves His best for those who leave the outcome to him."

~anonymous



Act Quick!

There is still time to Reserve Your RIDE to REGION V!

Interested in attending the Fall Region V Convention, but reluctant to drive through Chicago?

MAI has chartered a bus for the trip for \$50 a seat. Please call or e-mail Judy W. 414-258-8361 or websterj729@aol.com for more information. The registration form for the convention is available on the website: www.region5OA.org

"Reap the Harvest of Recovery"

Region V Convention in Indianapolis, IN

DATE: November 5 - 7, 2004

PLACE: 7202 E. 21st Street
Indianapolis, IN 46219

CONTACT: Linda E., 317-861-0608
Joe 765-349-9506
convention2004@region5oa.org



Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

“Tools of Recovery” pamphlet, p. 2., Overeaters Anonymous

A little over a month ago, when I agreed to write this article, I think I'd taken back more control than I imagined. I'd been through a lot of major life changes, had some new stresses in my life, and I was doing the best I could do. That's just the point -- it was the best I could do -- and time to hire someone imminently more qualified!

As I began thinking about Step Three, reading and rereading in the Twelve and Twelve and other program literature, subtle changes began to take place again in my life. My food got cleaner. I began to relax more. I began to journal daily again, not just when life got crazy. I began doing Step Three more, and my life improved. I'm more patient with my children than I was two months ago. I'm along for an adventure every day -- waking up in anticipation of what my Higher Power has in store for me today!

That doesn't mean troubles haven't arisen. Car problems used to push my buttons and send me into the food. Somewhere in our literature it mentions calling suicide prevention when the car won't start! A few weeks ago I backed into another lady in the parking lot. She was accusing me of things I didn't agree with. I remained calm. (First miracle) Through the entire process of reporting it, getting my car repaired, I remained peaceful. I had a continual conversation with HP.

After getting my car back, another problem was discovered -- another \$400. This time I was not only peaceful, but grateful. I had the money and it was a problem that would have been far worse had it been discovered later. Having the ability to deal with car problems with peace and gratitude and a sense of anticipation (how is God going to take care of this one?) says as much about changes in my life as a result of Step Three and this program as anything else I can think of.

In OA, working the steps, living in the traditions, and working with other compulsive overeaters, I have lost the weight, and I live free of bingeing and purging. But it's an inner change. As I turn little, as well as, big things over to my Higher Power's care, I have less need to turn to food for emotional reasons. I have somewhere else to turn that WORKS: my God as I understand Him.

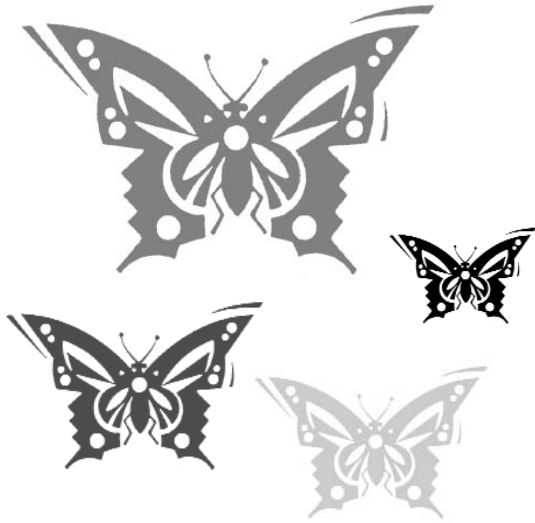
*Anne P, The Transformation, March 1999 (Central Ohio Service Intergroup)
(as printed in "The Stepping Stone" June 2004)*

Third Tradition: The only requirement for OA membership is a desire to stop eating compulsively.

Please take time to review the points below which define an OA Group. Only those groups which comply with this definition may be registered with the World Service Office (bylaws: Subpart B., Article IV).

1. As a group, they meet to practice the Twelve Steps and Twelve Traditions of OA.
2. All who have a desire to stop eating compulsively are welcome in the group.
3. No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting).
4. As a group, they have no affiliation other than OA.
5. A group may be formed by two or more persons meeting together.

*On the back of the OA Group Registration form is the the above statement from World Service Office.
(The Messenger, Mar/Apr 1999, Fox Valley Intergroup)*



MAI-Intergroup

Board Members ~ Watch for October Elections of new Board Member results in the next issue.

Chair	Lisa E.	414-445-3795
Vice Chair	Liz N.	414-961-2092
Secretary	OPEN	
Treasurer	Judy W.	414-258-8361
Region Reps.....	Kay W., Judy W. and Sandra F.	
World Service Delegate:....	Lisa E.	

August MAI Financial Report

August Balance: \$1172
 Income: \$1628
 Expenses: \$650
Prior Year Balance: \$2986

August MAI Meeting Attendees

3 Officers and 13 Intergroup Representatives / Visitors

MAI Meeting Schedule

Monday, November 15th at 7pm
 Monday, December 20th at 7pm
 PLACE: Rodgers Hospital
 11101 West Lincoln Ave.

Office Location and Hours:

Location: 7441 W. Greenfield Ave., Suite 100
 Milwaukee, WI. 53214
 Phone: (414) 259-0640
 Hours: Mon. 2pm – 7pm /Thurs. 8am – 1pm

December / January Issue

Articles requested by 12/10/04 & Published 12/20/04
 Please send your articles to: cocooneditor@excite.com

Or mail to OA Office
 7441 West Greenfield Ave, Suite 12, West Allis, WI 53214
 attn: Cocoon Editor

Inside Track

It is a symptom of this disease that we seek an external solution, when the real solution can only be discovered and experienced from within. Never was there any permanence to the outward methods I used to tackle the disease of compulsive overeating. At best, the methods were a temporary fix. The diets, therapies and medications just stopped working for me. Confusion and frustration set in. No, there was no human solution.

Ultimately, I came to know that the answer I seek is truly the inner spirit - the spirit of God within me. The twelve steps tackle the job of clearing away the debris, a cleansing process that brings me closer to a fulfilling union with the spirit within. There is no external answer, just the internal one.

Each day, I remain open to the nurturing of that answer. Part of my daily prayer is that I may overcome any human frailty that blocks me from the internal answer. I stumble and fumble, impeding my own progress, but I can learn from this. Faith does grow. Hope increases. New meaning comes to life.

If the disease of compulsive overeating brings us together, our recovery keeps us together. Together, as we move closer to the cell door to gain freedom, we notice that the key to the door is on the inside. God's light illumines the way out of us. The inside track is our salvations; we are never alone.

*MB, Cleveland, in Lifeline April 1996
 (as printed in "Transformation" March 2004)*

Milwaukee Area OA Calendar of Events

OA Game Night & Costume Party

(open event)

DATE: Saturday, October 23rd
PLACE: 500 W. Bradley Rd.
Paritcos Apartments Club House
Shorewood, WI
TIME: 7:00 - 10:00pm
CONTACT: Mary P. 414-607-9075
Bruce K. 414-247-0976

Bring a game. Decafe coffee available; otherwise bring your own beverage.
\$5.00 suggested donation.



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Intergroup Meetings

DATE: November 15th & December 20th
PLACE: Rodgers Hospital, 11101 West Lincoln Ave.
TIME: 7:00pm

 **OVEREATERS ANONYMOUS**
Milwaukee Area Intergroup

I.D.E.A. Day

(open event)

I.nternational
D.ay of
E.xperiencing
A.bstinence

DATE: November 20th
PLACE: Aurora Psychiatric Hospital

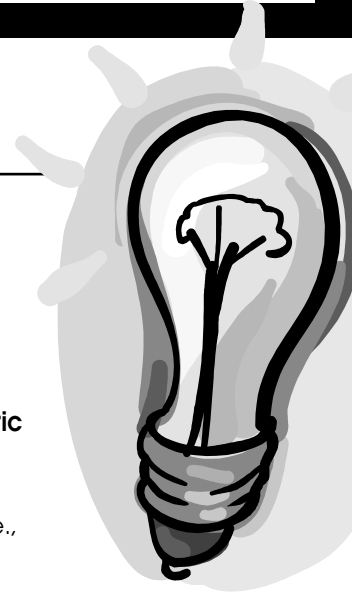
Milwaukee Psychiatric Hospital
1220 Dewey Ave.,
Wauwatosa WI

TIME: 1:00 - 4:00pm
CONTACTS: Marge 414-321-8216 (after 1:30pm)
Denise 414-964-9788

Hosted by Tuesday Night KISS Meeting.

Using the tools. Plan of Eating, Meetings, Sponsorship, Service, Literature, Writing, Telephone Calls and Anonymity

Join the OA fellowship for an afternoon of recovery and experience abstinence together.



The Miracle of You! ***MAI-OA Spring 2005 Convention***

(open event)

DATE: April 15-17
PLACE: **New Location!**
Radisson Milwaukee Airport Hotel
6331 S. 13th Street, Milw., WI 53221
(414) 764-1500
CONTACT: Pam W. 262-784-7311
Tracy D. 414-855-0789 / tadelfar@wi.rr.com

Registration forms are available.

Early registration due March 15, 2005, but don't wait! Mark your calendar!

If you or an OA group as a whole are interested in chairing or joining one of the Convention Service Committees please contact Pam or Tracy,

